



USMS Two-Mile Cable Swim National Championships

June 15, 2019



Hosted by Indy Aquatic Masters
Sanctioned by Greater Indiana Masters for U.S. Masters Swimming, Inc.

LOCATION & COURSE: Eagle Creek Reservoir is a scenic reservoir located inside the Indianapolis metropolitan area. Located on West 56th Street just off I-465, **Eagle Creek Park** is an urban park that offers hiking, biking, boating and swimming, plus lovely wooded expanses. Eagle Creek Park is the 6th largest municipal park in the nation. Our Two-Mile Cable Swim Championship course is a ¼-mile length of cable on the U.S. National Rowing Course certified accurate to USMS standards. Water temperature on this weekend in June has varied between 70 - 80 degrees Fahrenheit.

RACE: Two-Mile USMS Cable Swim National Championships

RACE SCHEDULE:

6:00am	Eagle Creek Park Opens for Swimmers
6:30am	Registration / Body Markings
7:00am	Safety / Lifeguard / Officials Meeting
7:30am	Pre-Race Meeting on Beach
7:45am	15 Minute Warm-Up
8:00am	Stage First Wave
8:15am	Start of Two-Mile Cable Swim National Championships

Race schedule is subject to change due to conditions. Pre-race and race start times are approximate.

ELIGIBILITY: Open ONLY to 2019 USMS members or FINA-recognized National governing body. Eligibility will be automatically verified through the online entry system.

RULES: Current 2019 U.S. Masters Swimming rules will govern this event.

SWIMWEAR: Category I suits are required for the Two-Mile National Championship Swim. See the event website or USMS Rule Book 303.7.2 regarding Category I suits.

SEEDING: Swimmers will be staged in waves fastest to slowest by 1650-yard or 1500-meter seed time. If you provide a 1650-yard seed time, it will be converted to 1500-meters. 'No Time' entries will not be accepted. Once seeding has been completed, there will be NO CHANGES. Please enter accurate times with no adjustments.

TIME LIMIT: Swimmers who cannot swim two miles in one hour and thirty-five minutes (1:35) should NOT enter; swimmers on the course after the time limit may be stopped and listed as DNF in the results.

STARTS: Waves will be seeded by time (NT entries will NOT be accepted) and the number of waves for each course will be based on the number of entries. The course will be set up as a ¼ mile loop swum counter-clockwise.

SAFETY—OUR PRIMARY CONCERN: Safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear the swim cap provided; have their race number on their arms, backs and legs; the timing chip provided; and follow all announced safety rules without exception.

REGISTRATION—ONLINE ONLY:

https://www.clubassistant.com/club/meet_information.cfm?c=1689&smid=11214

All entries MUST be received by **June 12, 2019**. Due to organization & seeding needs, late or day-of-race entries will NOT be accepted. **A PHOTO ID will be required at check-in the day of the event for each registrant.**

ENTRY LIMITS: The event is limited to the first 300 registrants. We will maintain a waiting list in case early registrants drop out early enough to notify others. Early registration deadline is midnight May 20, 2019.

ENTRY FEES:

- Individual Event (*received by May 20*): \$60
- Individual Event (*received after May 20*): \$70
- Relay Event: \$35

Entries are nontransferrable and nonrefundable. **A PHOTO ID is required at check-in the day of the event for each registrant.**

RELAYS: Cumulative relays will be accepted for National Championship places, All-American honors, and USMS records. Relays must be entered online listing the relay's swimmers. Women's relays, men's relays, and mixed relays are all available. Women's and men's relays may be comprised of 3 swimmers. Mixed relays must have 4 swimmers. All swimmers must be entered in the event before relay is entered. **Relay deadline June 12, 2019.**

RESULTS: Results will be posted promptly after the race, and at www.indyaquaticmasters.com after the event. National Championship results will be posted at www.usms.org.

RECORDS: The Course has been surveyed and certified for distance and qualify for National Cable Swim records. See the USMS website for current records. Category I suits are required to be eligible for records.

AWARDS: Awards will be given to individual swimmers in the standard USMS age groups (1st - 8th place) and relays in the standard USMS age groups (1st - 3rd place). Championship patches to the USMS winners.

T-SHIRTS: With their entry, swimmers may pre-order & purchase commemorative t-shirts for \$20. They will not be on sale at the event. See the event website for the t-shirt design. Sizes XS-2XL

HOT DRINKS & SNACKS: Hot coffee and hot water for other drinks will be available before and after the swim to help keep you warm. We will also offer modest snacks for our volunteers, many of whom are on duty long before swimmers arrive. Swimmers may snack too, but these snacks are limited and NOT intended to serve as your breakfast or lunch.

DIRECTIONS: ([Google Maps: Eagle Creek Park, West 56th Street, Indianapolis, IN](#))

To get to Eagle Creek Park, head to the west side of Indianapolis on I-465. Take the 56th Street West Exit off of I-465. Travel approximately ½ mile west and the park entrance will be on your right.

PARKING: Parking fees are included in the entry fee. A parking pass will be emailed prior to the event and must be shown when entering the park.

LODGING: A block of rooms has been secured at both the **Clarion Hotel** and the **Courtyard Northwest**. Please see the [Event Website](#) for additional details.

EVENT WEBSITE: www.indyaquaticmasters.com

EVENT PERSONNEL:

Event Directors: Mel Goldstein - goldsteinmel@sbcglobal.net / Dean Hawks - d23hawks@yahoo.com

Safety Director: Meg Carlson

Medical Director: Dr. Steve Hartsock



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed